

## INTRODUCTORY LETTER OF STATE SUPERINTENDENT OF PUBLIC INSTRUCTION.

*To Public School Teachers:*

This is the first of a series of bulletins on public health and sanitation, prepared by the Secretary of the State Board of Health, at the request of the State Superintendent of Public Instruction, for distribution to the public-school teachers. Other bulletins will follow.

Every teacher is earnestly urged to read carefully every line of this bulletin, and to observe the simple, practical suggestions contained herein. Every county superintendent is urged to insist upon the observance of these suggestions by every teacher and school committee. The first duty of every teacher and every school official is to protect the health and the lives of the children committed to their care by providing for them healthful surroundings in schoolroom and on school grounds. Your careful attention to these simple suggestions will result in adding to the comfort and pleasure of your pupils, in improving the discipline, in stimulating intellectual effort and study, and may result in preventing much suffering and in saving human lives.

In matters of hygiene and sanitation, example is better than precept, and the teaching of daily surroundings more effective than the memorizing from books of hygienic rules and laws.

Simple, brief health talks should be given to all the children of the school by every teacher once or twice every week. This and the bulletins following it will contain helpful information needed for such talks.

*The examination on Physiology and Hygiene required for teachers' certificates will hereafter comprehend all subjects contained in these health bulletins.* Examination questions on these will probably be prepared and sent out from the office of the State Superintendent of Public Instruction. Teachers are, therefore, expected and required to acquaint themselves thoroughly with the contents of these bulletins.

Very truly yours,

J. Y. JOYNER,

*Superintendent of Public Instruction.*

RALEIGH, November 20, 1909.